



Adaptive Suspension

Copyright, Jenn Barfield 2025.

jennbarfield.com

Regenerative Adaptation

Regenerative shock absorber technology aims to control suspension movement while recovering some energy from road vibrations.

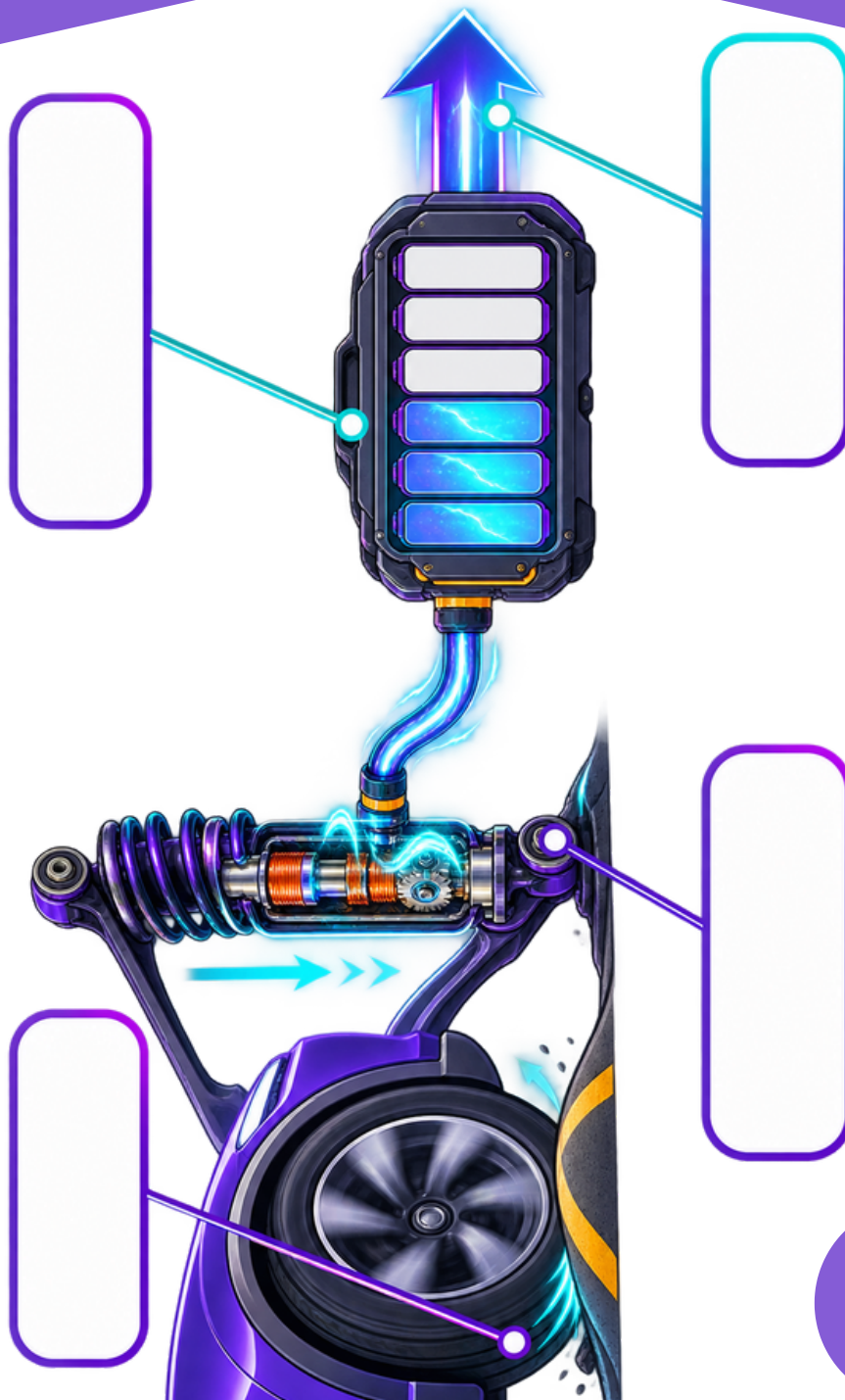
Think of a change or disruption that affected your momentum.

- Road Input: What changed?
- Damper Response: What helped you manage the impact?
- Recovered Energy: What learning, capability, support or insight remains useful?
- Return to Drive: How could you redirect it into your next action?

***What can you recover and reuse
without denying what the
experience cost you?***



Regenerative Adaptation



Copyright, Jenn Barfield 2025.

jennbarfield.com

Drive Your Career

A Careers Conversations Deck

Shift gears and find your momentum in career and life

Discover the power of hope-driven action with this engaging card deck by Jenn Barfield, known as 'The Gnome That Inspires', designed to help you reflect, envision, shift gears, and achieve your career goals.

Using automotive-themed metaphors like headlights, GPS, and shock absorbers, this deck will inspire you to take control of your career journey, navigate the track, and adapt to life's unexpected bumps and detours.

Whether you're at a crossroads, seeking clarity or ready to accelerate towards new opportunities, this card deck will help you maintain momentum as you navigate your unique career journey.

Designed for individuals, groups and career development professionals alike



Copyright, Jenn Barfield 2025.

jennbarfield.com



Drive Your Career

A Careers Conversations Deck

Draw a card, explore the theme, and tackle the task to drive your career journey forward!

Chat, draw, write or record any way you like your response

Themes



Rearview Check



Headlight Clarity



Future Mapping



Shifting Gears



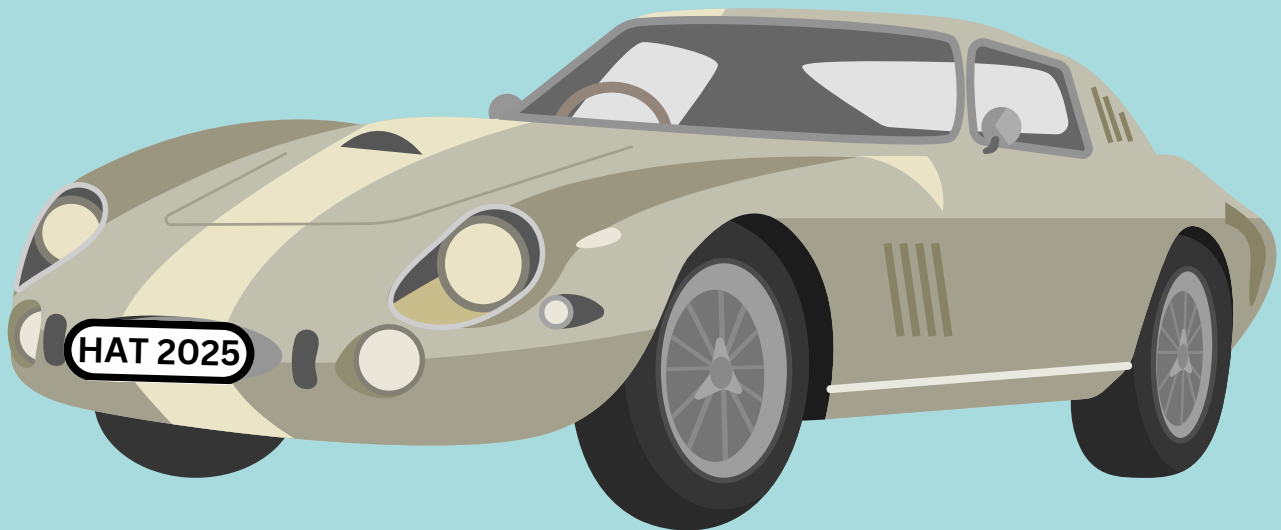
Forward Steering



Adaptive Suspension



Drive Your Career



***Shift Gears with Hope
and Purpose***